

# DEPARTMENT OF PUBLIC HEALTH



COUNTY OF SAN BERNARDINO

OFFICE OF PUBLIC HEALTH ADMINISTRATION  
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**FOR IMMEDIATE RELEASE**

## H1N1 Flu Vaccine Distribution Will Open to Anyone in San Bernardino County

SAN BERNARDINO – The 2009 H1N1 influenza vaccine will be available to anyone who wants it in San Bernardino County, on **Monday, December 21, 2009**. San Bernardino County Health Officer, Maxwell Ohikhuare stated that “the delivery of local vaccine supplies has increased enough to remove the restriction to priority groups. The H1N1 virus has been widespread in the county, the state of California and throughout the country, so I urge people to protect themselves by getting vaccinated.”

Appointments are required at the following Public Health Clinics to receive the H1N1 vaccine. To make an appointment, call **1 (800) 722-4777**.

City	Date	Address	Time
Hesperia	Monday - Friday	16453 Bear Valley Road, Hesperia, CA 92345	8:30 a.m.—5:00 p.m.
Ontario	Monday - Friday	1647 Holt Blvd. Ontario, CA 91764	8:30 a.m.—5:00 p.m.
Redlands	Monday - Friday	800 East Lugonia Ave. Suite F Redlands, CA 92373	8:30 a.m.—5:00 p.m.
Barstow	Thursdays	303 E. Mt. View St. Barstow, CA 92311	9:00 a.m.- 4:00 p.m.

People can walk-in at the Public Health Clinic below, to get the vaccine without an appointment:

City	Date	Address	Time
San Bernardino	Monday - Friday	351 N. Mt. View Ave. Room 102 San Bernardino, CA 92415	8:30 a.m.—5:00 p.m.

The H1N1 flu vaccine will not be provided at the following Public Health Clinics:

- Big Bear
- Fontana
- Joshua Tree
- San Bernardino (799 Rialto Ave.)

Many School Districts in the County are also providing the vaccine to their local communities. For schedules, contact the local School District Office, or go to the Superintendent of Schools website at <http://www.sbcss.k12.ca.us/>.

Dr. Ohikhuare also recommends the following simple prevention methods to fight the flu:

- Cough and sneeze into a tissue or your elbow. Dispose of the tissue after use.
- Wash your hands often with soap and water and/or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth.
- Avoid close contact with sick people.
- Stay home from work or school and limit contact with others if you have flu-like symptoms.
- If you become infected with influenza, wait at least 24 hours after the fever subsides without the use of fever-reducing medications, before going back to work or school.

Call a health care provider when symptoms are serious, like trouble breathing, or chest pain.

For up-to-date information on H1N1 or seasonal influenza, visit the San Bernardino County Department of Public Health website at [www.sbcounty.gov/dph](http://www.sbcounty.gov/dph), or call 1 (800) 782-4264. More useful resources are also available through the U.S. Department of Health and Human Services website at <http://www.flu.gov/>.

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